

[Southern 1 - East Gosling](#)
[Sunday 31 May 2009](#)

FINAL MATCH SCORES AND POSITIONS



Posn	Points after	82 event(s)
1	St Albans AC	376.5
2	Herts Phoenix AC	373.0
3	Ashford AC	290.0
4	South London Harriers	266.5

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				Perf	Wind	Records	Grades					Perf	Grades
				Wind=								Wind=	
T32	U17M 100m 'A'							U17M 100m 'B'					
1	31	Kieran Moss	St Albans AC	11.70		G4*		1	28	Joseph Chimkah	South London Harriers	11.90	
2	1	Tom Chambers	Ashford AC	11.80		G4		2	2	Christian Brown	Ashford AC	12.10	
3	19	Simon Wake	Herts Phoenix AC	11.80		G4		3	32	Mitchell Russell	St Albans AC	12.10	
4	27	Afam Obi-Adewole	South London Harriers	12.70				4					
T8	U17M 200m 'A'							U17M 200m 'B'					
1	27	Afam Obi-Adewole	South London Harriers	23.10		G3*		1	2	Christian Brown	Ashford AC	24.60	
2	1	Tom Chambers	Ashford AC	23.40		G3*		2	32	Connor Archer	St Albans AC	25.10	
3	19	Simon Wake	Herts Phoenix AC	23.50		G3*		3	28	Sean Williams	South London Harriers	26.10	
4	31	Carl Palin	St Albans AC	25.60				4					
T25	U17M 400m 'A'							U17M 400m 'B'					
1	19	Andrew Walshe	Herts Phoenix AC	51.70		G1*		1	28	Adam Atkins	South London Harriers	57.20	
2	1	Ashley Cochran	Ashford AC	53.20		G3*		2	2	Jeremy Prior	Ashford AC	58.40	
3	31	Carl Palin	St Albans AC	56.40		G4		3	32	Jonathan Howarth	St Albans AC	58.50	
4	27	Gregory Campbell	South London Harriers	56.70		G4		4	20	Matt Gibson	Herts Phoenix AC	59.10	
T14	U17M 800m 'A'							U17M 800m 'B'					
1	27	Martin Parry	South London Harriers	02:09.4				1	28	Adam Atkins	South London Harriers	02:10.1	
2	1	Ashley Cochran	Ashford AC	02:09.7				2	2	George Huxley	Ashford AC	02:26.3	
3	19	Alex Cloona	Herts Phoenix AC	02:16.1				3	20	Matt Gibson	Herts Phoenix AC	02:27.4	
4	31	Ian Miller	St Albans AC	02:19.1				4	32	Lewis Childs	St Albans AC	02:34.0	
T37	U17M 1500m 'A'							U17M 1500m 'B'					
1	19	Edward Sheperd	Herts Phoenix AC	04:32.3		00		1	20	David Wilson	Herts Phoenix AC	04:35.9	00
2	31	Khalid Az Abaidy	St Albans AC	04:34.6		00		2	28	Max Wheeler	South London Harriers	05:03.9	00
3	27	Gregory Campbell	South London Harriers	04:47.3		00		3					
4								4					
T16	U17M 3000m 'A'							U17M 3000m 'B'					
1	31	Khalid Az Abaidy	St Albans AC	09:31.5		G30		1	20	Vasudev Zaver	Herts Phoenix AC	10:07.0	G40
2	19	Edward Sheperd	Herts Phoenix AC	09:39.2		G30		2					
3	27	Max Wheeler	South London Harriers	10:40.2		00		3					
4								4					
T2	U17M 400mH 'A'							U17M 400mH 'B'					
1	1	Christian Brown	Ashford AC	82.80				1					
2								2					
3								3					
4								4					
T23	U17M 100mH 'A'							U17M 100mH 'B'					
1								1					
2								2					
3								3					
4								4					
T44	U17M 1500m S/Chase 'A'							U17M 1500m S/Chase 'B'					
1	1	Andy Robertson	Ashford AC	DNS		00		1					
2								2					
3								3					
4								4					

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				Perf	Wind	Records	Grades	<u>Sunday, May 31 2009</u>				Perf	Grades
F2 U17M 5k Hammer 'A'								U17M 5k Hammer 'B'					
1	19	Richard Humphries	Herts Phoenix AC	52.08		G1*		1	20	Andrew Walshe	Herts Phoenix AC	25.58	
2	31	Jonathan Howarth	St Albans AC	22.83				2					
3								3					
4								4					
F9 U17M 1.5k Discus 'A'								U17M 1.5k Discus 'B'					
1	27	Thomas Bullen	South London Harriers	29.76				1	28	James McDonald	South London Harriers	22.47	
2	1	Blake Robinson	Ashford AC	26.64				2	32	Lewis Childs	St Albans AC	16.53	
3	31	Ian Miller	St Albans AC	16.53				3					
4								4					
F22 U17M 5k Shot 'A'								U17M 5k Shot 'B'					
1	27	Thomas Bullen	South London Harriers	11.17		G4		1	32	Ian Miller	St Albans AC	7.65	
2	1	Blake Robinson	Ashford AC	9.35				2	28	James McDonald	South London Harriers	7.49	
3	19	Andrew Walshe	Herts Phoenix AC	8.91				3	20	Alex Cloona	Herts Phoenix AC	5.79	
4	31	Lewis Childs	St Albans AC	7.74				4					
F32 U17M 700g Javelin 'A'								U17M 700g Javelin 'B'					
1	19	Simon Wake	Herts Phoenix AC	39.61		G4		1	27	Thomas Bullen	South London Harriers	26.48	
2	28	James McDonald	South London Harriers	38.34		G4		2	32	Khalid Az Abaidy	St Albans AC	20.95	
3	31	Jonathan Howarth	St Albans AC	31.48				3	20	Matt Gibson	Herts Phoenix AC	13.85	
4	1	Blake Robinson	Ashford AC	24.19				4					
F13 U17M Pole Vault 'A'								U17M Pole Vault 'B'					
1	19	Tim Warner	Herts Phoenix AC	3.10		G4*							
F29 U17M High Jump 'A'								U17M High Jump 'B'					
1	31	Carl Palin	St Albans AC	1.50									
2	1	George Huxley	Ashford AC	1.35									
F17 U17M Long Jump 'A'								U17M Long Jump 'B'					
1	31	Kieran Moss	St Albans AC	5.93		G3		1	32	Connor Archer	St Albans AC	4.55	
2	27	Afam Obi-Adewole	South London Harriers	5.54				2	28	Joseph Chimkah	South London Harriers	4.19	
3	1	Jeremy Prior	Ashford AC	4.39				3	2	Will Dickenson	Ashford AC	4.01	
4								4					
F34 U17M Triple Jump 'A'								U17M Triple Jump 'B'					
1	31	Kieran Moss	St Albans AC	12.65		G2*		1	2	Will Dickenson	Ashford AC	9.61	
2	1	Jeremy Prior	Ashford AC	10.55				2					
3								3					
4								4					

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				Perf	Wind	Records	Grades	<u>Sunday, May 31 2009</u>				Perf	Grades
F1 U15B 4k Hammer 'A'								U15B 4k Hammer 'B'					
1	31	Chris Hilton	St Albans AC	21.90				1	32	Frankie Smith	St Albans AC	15.64	
2								2					
3								3					
4								4					
F8 U15B 1.25k Discus 'A'								U15B 1.25k Discus 'B'					
1	19	Ed Rowbottom	Herts Phoenix AC	32.42		G3*		1	27	Simi Obi-Adewole	South London Harriers	21.40	
2	28	Savion Bepot	South London Harriers	23.81				2	32	Frankie Smith	St Albans AC	15.32	
3	31	Jason Tang	St Albans AC	22.82				3	20	Nicholas Doyle	Herts Phoenix AC	11.54	
4	1	Jake Berry	Ashford AC	19.85				4					
F23 U15B 4.00k Shot 'A'								U15B 4.00k Shot 'B'					
1	32	Sassoon Moskorian	St Albans AC	10.44		G4		1	31	Christian Gaddes	St Albans AC	10.41	G4
2	19	Ed Rowbottom	Herts Phoenix AC	10.04				2	20	Liam Dee	Herts Phoenix AC	7.01	
3	1	Nathan Fatola	Ashford AC	7.82				3	2	Temi Banno	Ashford AC	6.40	
4	27	Simi Obi-Adewole	South London Harriers	7.52				4	28	Ben Myburgh	South London Harriers	5.07	
F33 U15B 600g Javelin 'A'								U15B 600g Javelin 'B'					
1	1	Jake Berry	Ashford AC	37.63		G3		1	31	Frankie Smith	St Albans AC	20.16	
2	19	Simon Bevan	Herts Phoenix AC	29.31				2	20	Nicholas Doyle	Herts Phoenix AC	15.09	
3	32	James McMurray	St Albans AC	22.40				3	28	Savion Bepot	South London Harriers	14.79	
4	27	Reece Young	South London Harriers	21.41				4	2	Vithusan Sodsaiaiyah	Ashford AC	10.45	
F16 U15B Long Jump 'A'								U15B Long Jump 'B'					
1	20	Simon Bevan	Herts Phoenix AC	5.37		G3		1	1	Nathan Fatola	Ashford AC	5.02	G4
2	31	Jake Owe	St Albans AC	5.25		G4		2	19	Prince Richman	Herts Phoenix AC	4.95	
3	2	Tom Williams	Ashford AC	5.07		G4		3	28	Tyrie Oruhs	South London Harriers	4.78	
4	27	Finn Nightingale	South London Harriers	5.06		G4		4	32	Luke Yaxley	St Albans AC	4.68	
F28 U15B High Jump 'A'								U15B High Jump 'B'					
1	31	Christian Gaddes	St Albans AC	1.60		G3*		1=	27	Reece Young	South London Harriers	1.35	
2	28	Saul Thompson	South London Harriers	1.45				1=	32	Jason Tang	St Albans AC	1.35	
3	2	Harry Middleton	Ashford AC	1.25									
F12 U15B Pole Vault 'A'								U15B Pole Vault 'B'					
1	31	Chris Gillespie	St Albans AC	1.80				1	32	Oliver poulain	St Albans AC	1.70	

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				Perf	Wind	Records	Grades					Perf	Wind	Records	Grades
T28 U13B 100m 'A'					Wind=			U13B 100m 'B'					Wind=		
1	1	Oliver Williams	Ashford AC	13.20		G2*		1	20	James Odeniyi	Herts Phoenix AC	13.40		G2*	
2	27	Creston Harrison	South London Harriers	13.50		G3*		2	2	Morgan Regardsoe	Ashford AC	14.00		G4	
3	19	James Hall	Herts Phoenix AC	13.70		G3		3	32	Luke Dee	St Albans AC	14.20			
4	31	Alex Brown	St Albans AC	14.70				4	28	Harry Wilson	South London Harriers	14.90			
T4 U13B 200m 'A'					Wind=			U13B 200m 'B'					Wind=		
1	27	Creston Harrison	South London Harriers	27.70		G3*		1	20	Jamie Jones	Herts Phoenix AC	28.70		G4	
2	31	Alex Brown	St Albans AC	29.90				2	28	Aaron Wells	South London Harriers	29.60			
3	19	Joseph Wilde	Herts Phoenix AC	31.20				3	2	Aaron Meakin	Ashford AC	30.60			
4	1	Alex Lynch	Ashford AC	32.80				4	32	Jordan Warshawsky	St Albans AC	36.80			
T10 U13B 800m 'A'								U13B 800m 'B'							
1	27	Thomas Holden	South London Harriers	02:25.6		G2*		1	20	William Swinburn	Herts Phoenix AC	02:47.5			
2	19	Sam Jones	Herts Phoenix AC	02:28.2		G3		2	32	James Oowler	St Albans AC	02:54.1			
3	31	Luke Dee	St Albans AC	02:33.7		G4		3	28	Louis Rossi Jones	South London Harriers	03:05.6			
4								4							
T33 U13B 1500m 'A'								U13B 1500m 'B'							
1	19	Jake Barraclough	Herts Phoenix AC	04:59.2		G2*		1	28	Aaron Wells	South London Harriers	05:47.0		00	
2	27	Lawrence Rook	South London Harriers	05:22.7		00		2	31	Jordan Warshawsky	St Albans AC	06:57.4		00	
3	32	Simon Smyth	St Albans AC	06:26.0		00		3							
4								4							
T17 U13B 75m 'A'					Wind=			U13B 75m 'B'					Wind=		
1	31	Simon Smyth	St Albans AC	15.00		G4		1	20	William Swinburn	Herts Phoenix AC	14.90		G4	
2	27	Tom Kent	South London Harriers	15.70				2	2	Alex Lynch	Ashford AC	15.50			
3	1	Aaron Meakin	Ashford AC	15.90				3	28	Louis Rossi Jones	South London Harriers	16.70			
4	19	Joseph Wilde	Herts Phoenix AC	16.40				4	32	Jake Walters	St Albans AC	17.40			
F15 U13B 3.25k Shot 'A'								U13B 3.25k Shot 'B'							
1	27	Creston Harrison	South London Harriers	6.12				1	1	Aaron Meakin	Ashford AC	5.58			
2	2	Alex Lynch	Ashford AC	6.01				2	32	Jake Walters	St Albans AC	4.99			
3	31	Alex Brown	St Albans AC	5.99				3	28	Lawrence Rook	South London Harriers	4.97			
4	19	James Hall	Herts Phoenix AC	5.50				4	20	Jamie Jones	Herts Phoenix AC	4.90			
F25 U13B Long Jump 'A'								U13B Long Jump 'B'							
1	1	Oliver Williams	Ashford AC	4.41		G3*		1	2	Morgan Regardsoe	Ashford AC	3.78			
2	27	Tom Kent	South London Harriers	3.57				2	28	Harry Wilson	South London Harriers	3.57			
3	20	Jamie Jones	Herts Phoenix AC	3.51				3	32	Jake Walters	St Albans AC	3.35			
4	31	James Oowler	St Albans AC	3.50				4	19	James Odeniyi	Herts Phoenix AC	3.23			
F6 U13B High Jump 'A'								U13B High Jump 'B'							
1	1	Oliver Williams	Ashford AC	1.43		G2*		1	19	James Odeniyi	Herts Phoenix AC	1.15			
2	31	Simon Smyth	St Albans AC	1.40		G2*		2	32	Luke Dee	St Albans AC	1.15			
3	20	William Swinburn	Herts Phoenix AC	1.25				3	28	Louis Rossi Jones	South London Harriers	1.15			
4	27	Lawrence Rook	South London Harriers	1.20											

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				Perf	Wind	Records	Grades						
T31	U17W 100m 'A'			Wind=				U17W 100m 'B'				Wind=	
1	19 Frances Slater	Herts Phoenix AC		12.8		G3*		1	2 Amber Regardsoe	Ashford AC			16.6
2	1 Joanne Norman	Ashford AC		14.9				2					
3								3					
4								4					
T7	U17W 200m 'A'			Wind=				U17W 200m 'B'				Wind=	
1	19 Millie Phelan	Herts Phoenix AC		26.9		G4*		1	32 Bethan Marshall	St Albans AC			30.0
2	31 Alice Marshall	St Albans AC		27.6				2					
3	1 Joanne Norman	Ashford AC		30.9				3					
4								4					
T26	U17W 300m 'A'							U17W 300m 'B'					
1	31 Alice Marshall	St Albans AC		44.7		*		1	2 Laura Hannagan	Ashford AC			44.9 *
2	1 Kim Smith	Ashford AC		45.1				2	32 Daisy Yoemans	St Albans AC			47.9
3	19 Gemma Armorgie	Herts Phoenix AC		49.1				3	20 Jenny Hutchings	Herts Phoenix AC			52.8
4								4					
T13	U17W 800m 'A'							U17W 800m 'B'					
1	31 Catherine Mackintosh	St Albans AC		02:28.0				1	32 Daisy Yoemans	St Albans AC			02:35.9
2								2					
3								3					
4								4					
T36	U17W 1500m 'A'							U17W 1500m 'B'					
1	19 Ella Fuller	Herts Phoenix AC		04:59.2		G4*		1	32 Catherine Mackintosh	St Albans AC			05:31.3 00
2	31 Laura Farrar	St Albans AC		05:06.4		00		2	20 Eloise Meakins	Herts Phoenix AC			06:48.4 00
3								3					
4								4					
T19	U17W 3000m 'A'							U17W 3000m 'B'					
1	31 Laura Farrar	St Albans AC		10:59.6		G4*		1	32 Rebecca Pritchard	St Albans AC			11:12.1 G40
2	19 Eloise Meakins	Herts Phoenix AC		13:56.8		00		2					
3								3					
4								4					
T20	U17W 80mH 'A'			Wind=				U17W 80mH 'B'				Wind=	
1	19 Millie Phelan	Herts Phoenix AC		12.7		G3*		1					
2	1 Lucy Holmes	Ashford AC		17.1				2					
3								3					
4								4					
T1	U17W 300mH 'A'							U17W 300mH 'B'					
1	19 Hannah Iloyd	Herts Phoenix AC		47.1		G3*		1					
2								2					
3								3					
4								4					

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	Perf	Wind	Records	Grades		Perf	Grades	
F3 U17W 4k Hammer 'A'					U17W 4k Hammer 'B'			
1	27				1	2		
	Chioma Obi-Adewole					Hannah Middleton	Ashford AC	13.13
2	1				2	20		
	Amber Regardsoe					Chloe Currie	Herts Phoenix AC	12.32
3	31				3			
	Alix Smith							
4	19				4			
	Jenny Hutchings							
F20 U17W 1.0k Discus 'A'					U17W 1.0k Discus 'B'			
1	19				1	2		
	Sarah Miller					Laura Hannagan	Ashford AC	17.09
2	1				2	20		
	Amber Regardsoe					Chloe Currie	Herts Phoenix AC	11.69
3	27				3			
	Chioma Obi-Adewole							
4	31				4			
	Daisy Yoemans							
F31 U17W 4k Shot 'A'					U17W 4k Shot 'B'			
1	19				1	20		
	Sarah Miller					Millie Phelan	Herts Phoenix AC	8.62 G4
2	31				2			
	Alix Smith							
3	1				3			
	Hannah Middleton							
4	27				4			
	Chioma Obi-Adewole							
F26 U17W 600g Javelin 'A'					U17W 600g Javelin 'B'			
1	19				1	20		
	Eloise Meakins					Sarah Miller	Herts Phoenix AC	25.61
2	1				2	32		
	Hannah Middleton					Catherine Mackintosh	St Albans AC	11.24
3	31				3			
	Alix Smith							
4					4			
F5 U17W Long Jump 'A'					U17W Long Jump 'B'			
1	2				1	1		
	Kim Smith					Laura Hannagan	Ashford AC	4.13
2	27				2			
	Val Moskalenko							
3	31				3			
	Bethan Marshall							
4					4			
F35 U17W Triple Jump 'A'					U17W Triple Jump 'B'			
1	1				1			
	Joanne Norman							
2	27				2			
	Val Moskalenko							
3					3			
4					4			
F19 U17W High Jump 'A'					U17W High Jump 'B'			
1	20				1	19		
	Jenny Hutchings					Gemma Armorgie	Herts Phoenix AC	1.55 G3*
2	1							
	Lucy Holmes							
F11 U17W Pole Vault 'A'					U17W Pole Vault 'B'			
1	1							
	Lucy Holmes							

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T29 U15G 100m 'A'				<i>Wind=</i>				U15G 100m 'B'				<i>Wind=</i>			
1	27	Vanessa La Fon	South London Harriers	12.7		G1*		1	2	Caitlin Dock	Ashford AC	13.6	G4		
2	19	Isabella Cacciatore	Herts Phoenix AC	13.4		G4		2	20	Natalie Allen	Herts Phoenix AC	14.1			
3	1	Abigail Purkiss	Ashford AC	13.5		G4		3	32	Laura Owler	St Albans AC	14.5			
4	31	Anna Mamer	St Albans AC	14.1				4	28	Nicholette Pollard	South London Harriers	14.7			
T5 U15G 200m 'A'				<i>Wind=</i>				U15G 200m 'B'				<i>Wind=</i>			
1	27	Vanessa La Fon	South London Harriers	26.8		G2*		1	20	Finola Fredericks	Herts Phoenix AC	27.3	G3*		
2	1	Abigail Purkiss	Ashford AC	27.8		G4		2	28	Ruth Myburgh	South London Harriers	28.2			
3	19	Isabella Cacciatore	Herts Phoenix AC	27.8		G4		3	2	Caitlin Dock	Ashford AC	28.4			
4	31	Stephanie Rukin	St Albans AC	27.9		G4		4	32	Laura Owler	St Albans AC	30.2			
T11 U15G 800m 'A'								U15G 800m 'B'							
1	31	Megan Steer	St Albans AC	02:21.9		G2*		1	20	Emily Ruane	Herts Phoenix AC	02:28.4	G4		
2	27	Ruth Myburgh	South London Harriers	02:23.5		G2*		2	32	Hannah Hull	St Albans AC	02:35.1			
3	19	Ella Lloyd	Herts Phoenix AC	02:25.0		G3*		3	2	Lauren Bamford	Ashford AC	02:37.7			
4	1	Kate Punnell	Ashford AC	02:35.5				4	28	Maria Kavanagh	South London Harriers	02:40.8			
T34 U15G 1500m 'A'								U15G 1500m 'B'							
1	19	Lizzie Bird	Herts Phoenix AC	04:52.6		G2*		1	20	Mary Gough	Herts Phoenix AC	05:18.4	00		
2	1	Amelia Jones	Ashford AC	05:12.5		G40		2	2	Hester Hill	Ashford AC	05:56.8	00		
3	31	Naomi Hodson	St Albans AC	05:22.7		00		3	32	Lauren Dee	St Albans AC	06:18.7	00		
4	27	Sophie Foreman	South London Harriers	05:26.5		00		4							
T18 U15G 75mh 'A'				<i>Wind=</i>				U15G 75mh 'B'				<i>Wind=</i>			
1	31	Alicia Tymon McEwan	St Albans AC	12.0		G1*		1	32	Stephanie Rukin	St Albans AC	12.1	G2*		
2	19	Finola Fredericks	Herts Phoenix AC	12.1		G2*		2	20	Natalie Allen	Herts Phoenix AC	12.1	G2*		
3	1	Amelia Jones	Ashford AC	15.8				3	2	Lauren Bamford	Ashford AC	15.6			
4	27	Nicholette Pollard	South London Harriers	16.1				4	28	Maria Kavanagh	South London Harriers	17.8			

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F4 U15G Long Jump 'A'								U15G Long Jump 'B'					
1	1	Sophie Hamlyn	Ashford AC	4.55		G4		1	2	Lizzie Highwood	Ashford AC	4.27	
2	31	Alicia Tymon McEwan	St Albans AC	4.48		G4		2	32	Niamh Lawson	St Albans AC	4.21	
3	19	Sacha Dowling	Herts Phoenix AC	4.30				3	20	Emily Butler	Herts Phoenix AC	3.34	
4	27	Maria Kavanagh	South London Harriers	3.44				4	28	Nichollette Pollard	South London Harriers	3.07	
F18 U15G High Jump 'A'								U15G High Jump 'B'					
1	1	Sophie Hamlyn	Ashford AC	1.40		G4		1	2	Hester Hill	Ashford AC	1.30	
2	31	Stephanie Rukin	St Albans AC	1.40		G4		2	32	Megan Steer	St Albans AC	1.25	
3	19	Shannon Proctor	Herts Phoenix AC	1.25				3	20	Hannah Troiano	Herts Phoenix AC	1.20	
4	27	Sophie Foreman	South London Harriers	1.15									
F10 U15G Pole Vault 'A'								U15G Pole Vault 'B'				LR MR	
1	31	Rowen Seglah	St Albans AC	1.80		FALSE		1	2	Amelia Jones	Ashford AC	1.70	FALSE
2	19	Julia Bowen	Herts Phoenix AC	1.80		FALSE							
3	1	Kate Punnell	Ashford AC	1.70		FALSE							
F21 U15G 1.00k Discus 'A'								U15G 1.00k Discus 'B'					
1	19	Ellie Hawkins	Herts Phoenix AC	23.12		G3*		1	32	Anna Marnar	St Albans AC	17.75	
2	27	Iyani Obi-Adewole	South London Harriers	20.38		G4		2	20	Charlie Small	Herts Phoenix AC	15.31	
3	31	Abi Wilde	St Albans AC	19.73				3	2	Lizzie Highwood	Ashford AC	13.36	
4	1	Kirsten Hooton	Ashford AC	16.63				4	28	Yazmin Cordice	South London Harriers	10.41	
F27 U15G 600g Javelin 'A'								U15G 600g Javelin 'B'					
1	31	Abi Wilde	St Albans AC	27.37		G2*		1	19	Ellie Hawkins	Herts Phoenix AC	17.46	
2	20	Charlie Small	Herts Phoenix AC	19.86				2	32	Niamh Lawson	St Albans AC	12.46	
3	1	Kirsten Hooton	Ashford AC	17.12				3	27	Iyani Obi-Adewole	South London Harriers	9.56	
4	28	Ruth Myburgh	South London Harriers	13.52				4					
F30 U15G 3.25k Shot 'A'								U15G 3.25k Shot 'B'					
1	1	Lizzie Highwood	Ashford AC	7.78				1	2	Kirsten Hooton	Ashford AC	6.64	
2	27	Iyani Obi-Adewole	South London Harriers	7.57				2	20	Shannon Proctor	Herts Phoenix AC	6.23	
3	19	Finola Fredericks	Herts Phoenix AC	6.84				3	32	Anna Marnar	St Albans AC	6.01	
4	31	Niamh Lawson	St Albans AC	6.19				4	28	Yazmin Cordice	South London Harriers	5.67	

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	Perf	Wind	Records	Grades		Perf	Wind	Records	Grades
T27 U13G 75m 'A'					U13G 75m 'B'				
		Wind=					Wind=		
1	19 Adunni Braithwaite	Herts Phoenix AC	10.2	G1*	1	20 Hannah Williams	Herts Phoenix AC	10.6	G2*
2	27 Reshae McPherson	South London Harriers	10.6	G2*	2	28 Syntyche Rodrigues	South London Harriers	10.8	G3*
3	31 Laura Nofer	St Albans AC	11.8		3	32 Joetta James	St Albans AC	11.9	
4	1 Georgia Bamford	Ashford AC	12.4		4	2 Rebecca Cook	Ashford AC	12.4	
T3 U13G 150m 'A'					U13G 150m 'B'				
		Wind=					Wind=		
1	19 Adunni Braithwaite	Herts Phoenix AC	20.5	G1*	1	20 Anna Young	Herts Phoenix AC	22.1	G4
2	1 Emily Hamlyn	Ashford AC	22.7		2	32 Joetta James	St Albans AC	23.6	
3	31 Laura Nofer	St Albans AC	23.3		3	2 Rebecca Cook	Ashford AC	25.0	
4					4				
T9 U13G 800m 'A'					U13G 800m 'B'				
1	19 Megan Breen	Herts Phoenix AC	02:36.6	G3*	1	20 Emma Ponder	Herts Phoenix AC	02:45.2	G4
2	27 Keuna Phillips-Darko	South London Harriers	02:44.7	G4	2	28 Amy Billups	South London Harriers	02:50.2	
3	31 Pippa Bailey	St Albans AC	02:47.2		3	32 Grace Hull	St Albans AC	02:57.5	
4					4				
T22 U13G 1200m 'A'					U13G 1200m 'B'				
1	19 Elizabeth Parry	Herts Phoenix AC	04:22.1	G40	1	20 Ellie Baker	Herts Phoenix AC	04:46.6	00
2	31 Victoria Pritchard	St Albans AC	04:36.5	00	2	32 Charlotte Brookes	St Albans AC	04:49.2	00
3	27 Alex Roberts	South London Harriers	04:52.9	00	3	28 Tessa Billups	South London Harriers	05:03.1	00
4					4				
T15 U13G 70mh 'A'					U13G 70mh 'B'				
		Wind=					Wind=		
1	19 Anna Young	Herts Phoenix AC	12.2	G1*	1	20 Laura Armorgie	Herts Phoenix AC	13.6	G4
2	27 Reshae McPherson	South London Harriers	12.5	G2*	2	32 Joetta James	St Albans AC	14.0	
3	31 Laura Nofer	St Albans AC	14.4		3	28 Leanne Cooper	South London Harriers	14.8	
4	1 Rebecca Cook	Ashford AC	16.6		4	2 Emily Hamlyn	Ashford AC	23.4	
F7 U13G High Jump 'A'					U13G High Jump 'B'				
1	28 Reshae McPherson	South London Harriers	1.37	G2*	1	27 Alex Roberts	South London Harriers	1.28	G3
2	31 Alice Townend	St Albans AC	1.25	G4	2	32 Cate Brookes	St Albans AC	1.10	
3	19 Laura Armorgie	Herts Phoenix AC	1.15		3	20 Tara Proctor	Herts Phoenix AC	1.05	
F24 U13G Long Jump 'A'					U13G Long Jump 'B'				
1	19 Daisy Lee	Herts Phoenix AC	3.90	G4	1	2 Georgia Bamford	Ashford AC	3.32	
2	1 Emily Hamlyn	Ashford AC	3.64		2	20 Nicole Chater	Herts Phoenix AC	3.23	
3	32 Alice Townend	St Albans AC	3.60		3	27 Amy Billups	South London Harriers	3.14	
4	28 Keuna Phillips-Darko	South London Harriers	3.38		4	31 Cate Brookes	St Albans AC	2.93	
F14 U13G 2.72k Shot 'A'					U13G 2.72k Shot 'B'				
1	31 Alice Townend	St Albans AC	8.16	G1*	1	32 Cate Brookes	St Albans AC	5.01	
2	27 Alex Roberts	South London Harriers	6.64	G4	2	28 Syntyche Rodrigues	South London Harriers	4.64	
3	19 Megan Breen	Herts Phoenix AC	6.30	G4	3	20 Tara Proctor	Herts Phoenix AC	4.05	
4	1 Georgia Bamford	Ashford AC	4.64		4				

* = AW Standards

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Perf
Wind
Records
Grades

[Sunday, May 31 2009](#)

Perf
Grades

*= AW Standards

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T43 17M 4x100m

1	1	Ashford AC	Ashley Cochran	Tom Chambers	George Huxley	Christian Brown	47.90
2	27	South London Harriers	Martin Parry	Afam Obi-Adewole	Sean Williams	Joseph Chimkah	48.10
3							
4							

T47 17M 4x400m

1	19	Herts Phoenix AC	Alex Cloona	Matt Gibson	Edward Sheperd	David Wilson	##### *
2	31	St Albans AC	Khalid Az Abaidy	Kieran Moss	Carl Palin	Ian Miller	##### *
3	27	South London Harriers	Martin Parry	Thomas Bullen	Gregory Campbell	Max Wheeler	#####
4							

T41 15B 4x100m

1	31	St Albans AC	Jake Owe	Jason Tang	Luke Yaxley	William Dean	48.00 *
2	27	South London Harriers	Finn Nightingale	Tyrie Oruhs	Saul Thompson	Sean Power	49.40 *
3	19	Herts Phoenix AC	Prince Richman	Cameron Glass	Simon Bevan	Matthew Pink	49.90 *
4	1	Ashford AC	Tom Williams	Nathan Fatola	Temi Banno	Harry Middleton	54.70

T46 15B 4x400m

1	31	St Albans AC	Christian Gaddes	Chris Hilton	James McMurray	Chris Gillespie	##### *
2	27	South London Harriers	Tyrie Oruhs	Reece Young	Dominic McGeekie	Savion Bepot	#####
3	19	Herts Phoenix AC	Liam Dee	Liam Cloona	Nicholas Doyle	Laurence Shepley	#####
4	1	Ashford AC	Callum Burgess	Jack Huxley	Jack Wheathal	Vithusan Sodsaiaiya	#####

T39 13B 4x100m

1	19	Herts Phoenix AC	Joseph Wilde	James Hall	Jake Barraclough	Sam Jones	57.10
2	27	South London Harriers	Creston Harrison	Harry Wilson	Tom Kent	-	58.50
3	1	Ashford AC	Morgan Regardsoe	Oliver Williams	Aaron Meakin	Alex Lynch	58.60
4	31	St Albans AC	Alex Brown	Jordan Warshawsky	Luke Dee	James Owlser	61.40

T42 17W 4x100m

1	1	Ashford AC	Hannah Middleton	Laura Hannagan	Lucy Holmes	Kim Smith	54.30
2	19	Herts Phoenix AC	Selina Jessey	Sarah Miller	Gemma Armorgie	Frances Slater	55.70
3	31	St Albans AC	Laura Farrar	Alice Marshall	Rebecca Pritchard	Alix Smith	60.00
4							

T45 17W 4x300m

1	19	Herts Phoenix AC	Gemma Armorgie	Ella Fuller	Millie Phelan	Hannah Lloyd	#####
2	31	St Albans AC	Catherine Mackintos	Bethan Marshall	Daisy Yoemans	Alice Marshall	#####
3							
4							

T40 15G 4x100m

1	1	Ashford AC	Sophie Hamlyn	Abigail Purkiss	Hester Hill	Caitlin Dock	53.70
2	31	St Albans AC	Anna Marner	Laura Owler	Stephanie Rukin	Megan Steer	53.80
3	19	Herts Phoenix AC	Finola Fredericks	Natalie Allen	Shannon Proctor	Emily Butler	55.70
4	27	South London Harriers	Maria Kavanagh	Ruth Myburgh	Vanessa La Fon	Nicholette Pollard	58.00

T38 13G 4x100m

1	27	South London Harriers	Reshae McPherson	Tessa Billups	Leanne Cooper	Syntyche Rodrigues	56.60 *
2	19	Herts Phoenix AC	Anna Young	Hannah Williams	Nicole Chater	Adunni Braithwaite	56.80 *
3	31	St Albans AC	Laura Nofer	Joetta James	Alice Townend	Cate Brookes	60.30
4							

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Events	Herts P		St Alb		S Lon		Ashf						Unused	T	
	19		31		27		1								
17M 100m	2.0		4.0	2.0	1.0	4.0	3.0	3.0					1	20	
17M 200m	2.0		1.0	3.0	4.0	2.0	3.0	4.0					1	20	
17M 400m	4.0	1.0	2.0	2.0	1.0	4.0	3.0	3.0						20	
17M 800m	2.0	2.0	1.0	1.0	4.0	4.0	3.0	3.0						20	
17M 1500m	4.0	4.0	3.0		2.0	3.0							1	3	20
17M 3000m	3.0	4.0	4.0		2.0								1	6	20
17M 400mH							4.0						6	10	20
17M 100mh													10	10	20
17M 1500m S													10	10	20
17M 5k Hamm	4.0	4.0	3.0										3	6	20
17M 1.5k Disc			2.0	3.0	4.0	4.0	3.0						1	3	20
17M 5k Shot	2.0	2.0	1.0	4.0	4.0	3.0	3.0							1	20
17M 700g Jav	4.0	2.0	2.0	3.0	3.0	4.0	1.0							1	20
17M Pole Vau	4.0												6	10	20
17M High Jurr			4.0				3.0						3	10	20
17M Long Jur			4.0	4.0	3.0	3.0	2.0	2.0					1	1	20
17M Triple Jur			4.0				3.0	4.0					3	6	20
17M 4x100m					3.0		4.0						3		10
17M 4x400m	4.0		3.0		2.0								1		10
	35.0	19.0	38.0	22.0	33.0	31.0	35.0	19.0					49	79	360

15B 100m	3.0	4.0	2.0	3.0	4.0	2.0	1.0	1.0							20
15B 200m	3.0	1.0	2.0	4.0	4.0	3.0	1.0	2.0							20
15B 400m	3.0		4.0	4.0	2.0	3.0	1.0	2.0						1	20
15B 800m	3.0	3.0	4.0	4.0	2.0	1.0	1.0	2.0							20
15B 1500m	3.0	3.0	4.0	4.0	2.0								1	3	20
15B 80mh	2.0		4.0	4.0	3.0	3.0	1.0	2.0						1	20
15B 4k Hamm			4.0	4.0									6	6	20
15B 1.25k Dis	4.0	2.0	2.0	3.0	3.0	4.0	1.0							1	20
15B 4.00k Sh	3.0	3.0	4.0	4.0	1.0	1.0	2.0	2.0							20
15B 600g Jav	3.0	3.0	2.0	4.0	1.0	2.0	4.0	1.0							20
15B Long Jun	4.0	3.0	3.0	1.0	1.0	2.0	2.0	4.0							20
15B High Jurr			4.0	3.5	3.0	3.5	2.0						1	3	20
15B Pole Vau			4.0	4.0									6	6	20
15B 4x100m	2.0		4.0		3.0		1.0								10
15B 4x400m	2.0		4.0		3.0		1.0								10
	35.0	22.0	51.0	46.5	32.0	24.5	18.0	16.0					14	21	280

13B 100m	2.0	4.0	1.0	2.0	3.0	1.0	4.0	3.0							20
13B 200m	2.0	4.0	3.0	1.0	4.0	3.0	1.0	2.0							20
13B 800m	3.0	4.0	2.0	3.0	4.0	2.0							1	1	20
13B 1500m	4.0		2.0	3.0	3.0	4.0							1	3	20
13B 75mh	1.0	4.0	4.0	1.0	3.0	2.0	2.0	3.0							20
13B 3.25k Sh	1.0	1.0	2.0	3.0	4.0	2.0	3.0	4.0							20
13B Long Jun	2.0	1.0	1.0	2.0	3.0	3.0	4.0	4.0							20
13B High Jurr	2.0	4.0	3.0	3.0	1.0	2.0	4.0							1	20
13B 4x100m	4.0		1.0		3.0		2.0								10
	21.0	22.0	19.0	18.0	28.0	19.0	20.0	16.0					2	5	170

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Events	Herts P		St Alb		S Lon		Ashf		Unused		T
	19		31		27		1				
17W 100m	4.0						3.0	4.0	3	6	20
17W 200m	4.0		3.0	4.0			2.0		1	6	20
17W 300m	2.0	2.0	4.0	3.0			3.0	4.0	1	1	20
17W 800m			4.0	4.0					6	6	20
17W 1500m	4.0	3.0	3.0	4.0					3	3	20
17W 3000m	3.0		4.0	4.0					3	6	20
17W 80mh	4.0						3.0		3	10	20
17W 300mH	4.0								6	10	20
17W 4k Hamn	1.0	3.0	2.0		4.0		3.0	4.0		3	20
17W 1.0k Disc	4.0	3.0	1.0		2.0		3.0	4.0		3	20
17W 4k Shot	4.0	4.0	3.0		1.0		2.0			6	20
17W 600g Jav	4.0	4.0	2.0	3.0			3.0		1	3	20
17W Long Jun			2.0		3.0		4.0	4.0	1	6	20
17W Triple Ju					3.0		4.0		3	10	20
17W High Jun	4.0	4.0					3.0		3	6	20
17W Pole Vau							4.0		6	10	20
17W 4x100m	3.0		2.0				4.0		1		10
17W 4x300m	4.0		3.0						3		10
	49.0	23.0	33.0	22.0	13.0		41.0	20.0	44	95	340
15G 100m	3.0	3.0	1.0	2.0	4.0	1.0	2.0	4.0			20
15G 200m	2.0	4.0	1.0	1.0	4.0	3.0	3.0	2.0			20
15G 800m	2.0	4.0	4.0	3.0	3.0	1.0	1.0	2.0			20
15G 1500m	4.0	4.0	2.0	2.0	1.0		3.0	3.0		1	20
15G 75mh	3.0	3.0	4.0	4.0	1.0	1.0	2.0	2.0			20
15G Long Jun	2.0	2.0	3.0	3.0	1.0	1.0	4.0	4.0			20
15G High Jun	2.0	2.0	3.0	3.0	1.0		4.0	4.0		1	20
15G Pole Vau	3.0		4.0				2.0	4.0	1	6	20
15G 1.00k Disc	4.0	3.0	2.0	4.0	3.0	1.0	1.0	2.0			20
15G 600g Jav	3.0	4.0	4.0	3.0	1.0	2.0	2.0			1	20
15G 3.25k Sh	2.0	3.0	1.0	2.0	3.0	1.0	4.0	4.0			20
15G 4x100m	2.0		3.0		1.0		4.0				10
	32.0	32.0	32.0	27.0	23.0	11.0	32.0	31.0	1	9	230

13G 75m	4.0	4.0	2.0	2.0	3.0	3.0	1.0	1.0				20
13G 150m	4.0	4.0	2.0	3.0			3.0	2.0		1	1	20
13G 800m	4.0	4.0	2.0	2.0	3.0	3.0				1	1	20
13G 1200m	4.0	4.0	3.0	3.0	2.0	2.0				1	1	20
13G 70mh	4.0	4.0	2.0	3.0	3.0	2.0	1.0	1.0				20
13G High Jun	2.0	2.0	3.0	3.0	4.0	4.0				1	1	20
13G Long Jun	4.0	3.0	2.0	1.0	1.0	2.0	3.0	4.0				20
13G 2.72k Sh	2.0	2.0	4.0	4.0	3.0	3.0	1.0				1	20
13G 4x100m	3.0		2.0		4.0					1		10
	31.0	27.0	22.0	21.0	23.0	19.0	9.0	8.0		5	5	170

FINAL MATCH SCORES AND POSITIONS

	2	1	4	3	5	5	5	5	UNUSED	TOTAL
Points Summa	Herts P	St Alb	S Lon	Ashf						
Boys	154.0	194.5	167.5	124.0					170.0	810.0
Girls	194.0	157.0	89.0	141.0					159.0	740.0
Officials	25.0	25.0	10.0	25.0					15.0	100.0
Total	373.0	376.5	266.5	290.0					344.0	####
Position	2	1	4	3	5	5	5	5		